

## Business women of the future meet at The Curve

Do you dream of starting your own business but need a helping hand? Perhaps you already have a business but feel stuck and unsure of how to move forward; or maybe you are a successful entrepreneur willing to help other women achieve their goal. Whatever stage you're at in your business career, **Make It Your Business** is for you.

Join other like-minded women who understand how important it is to feel supported at the Make It Your Business North Kensington networking event on **Thursday 17 January** at **The Curve Community Centre, 10 Bard Road, W10 6TP**.

**Make It Your Business** aims to get the community together to support each other in a relaxed and informal environment. Virginia Crosbie, organiser of the event and local resident for over 20 years said, "It's all about inspiring women in the community".

Four female local entrepreneurs will be at the day to speak on a panel about their business – what worked, what didn't and what they wished they had known.

One of the women who came along last year, Juliet, talked about starting her own gardening business. At the event this summer, Juliet sat on the panel inspiring others and giving out advice to those who are in the same position she was a year ago. Her gardening business has gone from strength to strength and other mums have joined her team.

Juliet is an example of the talent that exists in this community and how important it is that women feel empowered to develop their talents.

Panellists to be confirmed.

For more information on the **Make It Your Business** event email Virginia Crosbie at [hello@makeityourbusiness.co.uk](mailto:hello@makeityourbusiness.co.uk) or visit [www.makeityourbusiness.co.uk](http://www.makeityourbusiness.co.uk)



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Panelists at the last event

## Activities programme at The Curve Community Centre

### Monday 17 December

- **9.45am-1pm** - Strengthening Families, Strengthening Communities. Free 13-week Parent programme for parents whose children attend a school in the borough. Lunch provided. To book a space contact Nadia on [nadsone@hotmail.co.uk](mailto:nadsone@hotmail.co.uk) or **07739 916788**
- **1pm-3pm** Healthy Hearts 10-week course. Email [olivia.bales@healthyhearts.org.uk](mailto:olivia.bales@healthyhearts.org.uk) to sign-up
- **2pm-4pm** - Community Contact Team. Drop-in guidance and advice for those accessing services.
- **5pm-7pm** Homework Club for all ages with a qualified tutor (drop-in)
- **6pm-8pm** - Functional skills in English with NOVA. Contact Chrissy at The Curve to book **020 7221 9836**
- **6.30pm-7.30pm** - Zumba with Paula, ages 18 plus (drop-in)
- **6.30pm-7.45pm** - Jambí presents Tribo Samba-Reggae percussion workshop. All abilities welcome (drop-in)

**Crèche: 9.30am-12 noon and 12.30pm-3pm**

### Tuesday 18 December

- **10am-12 noon** - Universal Credit information session
- **10.30am-12.30pm** - CV workshop with Jasmine from NOVA. All ages welcome (drop-in)
- **10am-3pm** - Fouzia's Sewing Club. Drop-in sewing club for all, grow your skills, knit and natter
- **10.30am-12.30pm** - Accredited ESOL/ English Award in speaking and listening. Entry level one and two from Westway Trust (drop-in)
- **4pm-5pm** - Shared reading group for adults and children. Contact Erin on **07483 972020** or [erincarlstrom@thereader.org.uk](mailto:erincarlstrom@thereader.org.uk) to find out more. Open to all reading abilities.
- **5pm-7pm** - Arabic language classes for ages seven plus (registration is required, please email [thecurve@rbkc.gov.uk](mailto:thecurve@rbkc.gov.uk))

**Crèche: 9.30am-11.30am and 12.30pm-3pm**

### Wednesday 19 December

- **10am-12 noon** - The Curve coffee morning. Come along for a coffee and a chat

- **10am-12 noon** - Circle of Security parenting programme from Total Family Coaching and Parenting. Contact [info@totalfamilycoaching.co.uk](mailto:info@totalfamilycoaching.co.uk) or call **020 8969 5554** or **07397 871 877** to book
- **12 noon-2.30pm** - ICT classes for beginners from NOVA. Contact Chrissy to book **020 7221 9836**
- **1.15pm-3.15pm** - Drug and alcohol support session (drop-in)
- **6pm-8pm** - Functional Skills in English with NOVA. Contact Chrissy to book **020 7221 9836**
- **6pm-7pm** - Free Cuban salsa class for beginners and improvers (drop-in)
- **7pm-8pm** - Free Cuban salsa class for intermediates and advanced (drop-in)

**Crèche: 10am-12.30pm and 1pm-5pm**

### Thursday 20 December

- **10am-4pm** Clarion Housing Group job search sessions to help with job applications and CV writing (drop-in)
- **10am-1pm** - One Digital at The Curve. Learn how to access and enjoy the internet. For all abilities (drop-in)
- **10.30am-12.30pm** - Job search workshop with Jasmine from NOVA. All ages welcome (drop-in)
- **11.30am-2pm** - Adult creative arts class by J
- **2pm-6pm** - Home Office. Help with immigration and passport issues (drop-in)
- **2pm - 4pm** - One Digital at The Curve. Learn how to access and enjoy the internet. For all abilities (drop-in)

- **5pm-7pm** - Arabic language classes for ages seven plus (registration is required, please email [thecurve@rbkc.gov.uk](mailto:thecurve@rbkc.gov.uk))

**Crèche: 10am-1.30pm and 2pm-3pm**

### Friday 21 December

- **10am-10.45am** - Zumba for women with Paula ages 18 plus (drop-in)
- **11am-12noon** - Zumbini - Zumba for children (drop-in)
- **4pm-4.30pm** - Learn Taekwondo for beginners aged four to six (drop-in)
- **4.30pm-5.30pm** - Learn Taekwondo for beginners aged six to 12 (drop-in)
- **5.30pm-6.30** - Learn Taekwondo intermediate for ages six to 12 (drop-in)
- **6.30pm-8pm** - Learn Taekwondo for teens/ adults aged 13 plus (drop-in)

**Crèche: 10am-12 noon and 12.30pm-5pm**

### Saturday 22 December

- **1pm-4pm** - The Curve Christmas Party! Family fun, food and games with Santa's grotto for under 10s. This is a ticketed event. Tickets are available on a first come, first serve basis. Contact The Curve, Grenfell United, Humanity for Grenfell or Grenfell Walk Residents' Association for more information on how to obtain a ticket.

### Sunday 23 December

- **Closed until Wednesday 2 January**



To book a place in The Curve crèche, call **020 7221 9836** or email [thecurve@rbkc.gov.uk](mailto:thecurve@rbkc.gov.uk)

### Christmas opening times at The Curve

**Friday 21 Dec**  
Open as normal

**Saturday 22 Dec**  
Christmas party

**Sunday 23 Dec to Tuesday 1 Jan**  
Closed

**Wednesday 2 Jan**  
Open as normal

**The Curve Community Centre, 10 Bard Road, London W10 6TP**

**Opening hours** Monday to Friday: 10am to 8pm, Saturday to Sunday: 11am to 6pm. Some sessions need to be booked in advance by emailing [thecurve@rbkc.gov.uk](mailto:thecurve@rbkc.gov.uk). For a full list of events visit [grenfellsupport.org.uk/thecurve/events](http://grenfellsupport.org.uk/thecurve/events)



## Half way point reached on Memorial Mosaic

Another petal on the Grenfell Community Memorial Mosaic has been completed, marking the half way point in the project. The petal was completed by the North Kensington firefighters, many of whom were first on the scene on 14 June last year.

The word chosen by the firefighters was "courage".

The petal will be revealed at the base of Grenfell Tower at this month's Silent Walk on **Friday 14 December**.

Next month will see the community of Al Manaar, the Muslim Cultural Heritage Centre create the next petal of the mosaic which will feature their chosen word, "together".



## Baseline opening times over Christmas and New Year

The offices at **Baseline Studios (Whitchurch Rd, W11 4AT)** will be closed Christmas Day, Boxing Day and New Year's Day due to the bank holidays. The office will remain open until **5.30pm** on all other days. There should be minimal disruption

to your service as on call and out of hours services will be available. If you have an emergency and you are not able to reach a member of the Lancaster West Neighbourhood Team, please call **0800 137 111**.

## Green Shoots fund brings Christmas cheer

Green Shoots, the community fund set up by The Kensington & Chelsea Foundation to bring hope and joy to the community, will be bringing a range of exciting Christmas events to North Kensington before the end of the year. Events include a Caribbean Street Food Christmas Festival, a Christmas lunch for residents of the Silchester Estate, a Christmas fair and a Christmas Party for the 240 Project.

Nearly £15,000 has been given out so far with more to look forward to in the new year.

To read about all the Green Shoots funded projects happening near you, visit [bit.ly/2CcccCv](http://bit.ly/2CcccCv)

If you have an idea for a community project in North Kensington, read the guidelines and complete the easy application form here [bit.ly/2QoIT9Z](http://bit.ly/2QoIT9Z)



## Bring and share this Christmas

Come and celebrate this Christmas with the Women's Association for Networking and Development "Bring and Share" event on **Wednesday 19 December** from **10am to 2pm**.

Enjoy a day full of festivities, great food and community togetherness at the **Small Chapel, St Charles Centre for Health, Exmoor Street, W10 6DZ**.

Bring a dish to share with everyone.



## Support services on offer

Anyone who would like to speak to the police in relation to the investigation into the Grenfell tragedy is asked to contact the Met Police on **0800 032 4539**.

## Important contacts

### Grenfell Enquiries service

A one-stop-shop for support, advice and guidance around Grenfell. For more information visit [grenfellsupport.org.uk/grenfell-enquiries](http://grenfellsupport.org.uk/grenfell-enquiries) or call **020 7745 6414**.

### Cruse Bereavement Care

Call the Freephone helpline on **0808 808 1677** or email [helpline@cruse.org.uk](mailto:helpline@cruse.org.uk). The helpline is open **Monday-Friday** from **9.30am to 5pm**. Extended hours Tuesday, Wednesday and Thursday evenings until **8pm**.

### Replacement UK passports, visas or immigration queries

Call the Home Office advice line on **0300 303 2832**. The line is open 24 hours.

### Air quality and smoke exposure

If you have concerns about any symptoms, see your GP and mention Grenfell. They will be able to direct you appropriately.

### Housing support

If you have any questions about housing or want to find out who your housing officer is please call **0800 137 111** or **020 7361 3008**.

### Victim support

Call **0808 1689 111** for practical and emotional support, or visit [victimsupport.org.uk](http://victimsupport.org.uk). The line is open 24 hours a day.

You can also get emotional and practical support at **The Curve Community Centre**. Call **020 7221 9836**.

The **Grenfell Health & Wellbeing Service** is a free and confidential NHS service for those affected by Grenfell. Self refer at: [grenfellwellbeing.com](http://grenfellwellbeing.com)

If you need urgent help, contact your GP or visit your local A&E. In an emergency, always call 999.



### Upcoming meetings – Residents welcome to attend.

#### Full Council –

Wednesday 23 January,  
6.30pm, Kensington  
Town Hall

#### Grenfell Recovery

**Scrutiny Committee** –  
Wednesday 6 February,  
6.30pm Kensington  
Town Hall

## Grenfell Tower and Grenfell Walk rehousing progress update

These are the figures for **13 December 2018**



## NHS services over the Christmas period

If you need to get in contact with NHS services over the holidays, here is some information you might want to have on hand.

- If you've been affected by Grenfell and want to talk to someone about how you're feeling, the Grenfell NHS Outreach team is open every day, including Christmas and New Year, from **9am to 8pm**, and at night from **10pm to 7am**. Call them on **020 8962 4393**.
- If you or a loved one needs urgent emotional wellbeing or mental health support, please contact the Grenfell Wellbeing Service single point of contact on **0800 0234 650**, open 24 hours (including Christmas Day, Boxing Day and New Year's Day)
- You can see a GP or nurse in the evening or at the weekend if you are registered or a resident in Kensington and Chelsea, Queen's Park or Paddington.
- Your GP receptionist can also book an evening or weekend appointment for you at **Violet Melchett Clinic Integrated**

**Care Centre, 30 Flood Walk, SW3 5RR** or **St Charles Centre for Health and Wellbeing, Integrated Care Centre, Exmoor Street, W10 6DZ**.

- If you need to see a GP or nurse when your practice is closed, please dial 111.
  - If it's an emergency please call 999.
- Your GP receptionist can also book an evening or weekend appointment for you at **Violet Melchett Clinic Integrated Care Centre, 30 Flood Walk, SW3 5RR** or **St Charles Centre for Health and Wellbeing, Integrated Care Centre, Exmoor Street, W10 6DZ**.
- If you need to see a GP or nurse when your practice is closed, please dial 111.
  - If it's an emergency please call 999.

## Overnight emotional support

The NHS Outreach Team is providing a targeted clinical service for those who feel that they require overnight support; this includes a dedicated phone-based mental health service throughout the night, with home visits for those who require it.

If you need to talk, anyone can call the night service on **020 8962 4393**, between **10pm** and **7am** seven days a week.

